



Dear Parents,

The Colorado Health Foundation awarded SVVSD a Physical Activity Grant in the amount of \$1.4 million in 2014. The Physical Activity Grant was designed to support SVVSD in increasing the amount of student participation in daily moderate to vigorous physical activity (MVPA). Specifically, all 31 elementary and K-8 schools received funding and support over two years to: implement opportunities for movement outside of the school day, incorporate movement breaks into classroom instruction time, and provide more opportunities for movement during recess.

In order to increase MVPA outside of the school day, SVVSD implemented the 100 Mile Club at all 31 elementary and K-8 schools. As 100 Mile Club participants, students track the miles they walk or run during 100 Mile Club designated time at school and at 100 Mile Club sanctioned community events. This allows ALL students to participate and is a great way to combine all of their activity towards a common goal—walking or running 100 miles during the school year.

The 100 Mile Club was one of two \$100,000 National Winners of the ASAP (Active Schools Acceleration Project) in 2012 (the other was Red Hawk Elementary). It is a well-established national program that provides ongoing support and resources to schools (website, email, phone, newsletter, media tools, helpful suggestions and instructions). Students receive milestone incentives (Challenge Accepted ID card, t shirt, golden pencil, wristband, and final certificate) along the way to help keep them motivated throughout the year. If students reach their goal of 100 miles, they are awarded a gold medal at the Year-End Medal Ceremony where every participant celebrates their total miles run.

Niwot Elementary will be implementing the 100 Mile Club on Monday, Thursday, and Friday of each week, from 8:20 - 8:50 A.M. beginning on Sept. 18.

The registration cost for 100 Mile Club is \$20 per student per year. This is an increase from \$10 the past two years because the grant funding period has ended. The additional \$10 will be used for costs associated with sustaining the program. Families can sponsor other students. Please note that this is a district-wide program and sponsorships will be applied to students needing assistance district-wide. If you need a scholarship, please work with PE teacher Catherine Balog. Parents are encouraged to register, participate and earn incentives as well!

Please use the following link to register your child.

<http://www.svvsd.org/online-payments>. (log-in, go to program registration, 100 mile club, and Niwot Elem.)

Further details of the program will be sent out soon. If you have any further questions regarding the program feel free to contact Catherine Balog at balog_catherine@svvsd.org

We look forward to moving with your child this year!

Thank you,
Catherine Balog

